Nutrition Challenge
November 1 - 30, 2010

Boost Your Nutrition, Earn Credits In The

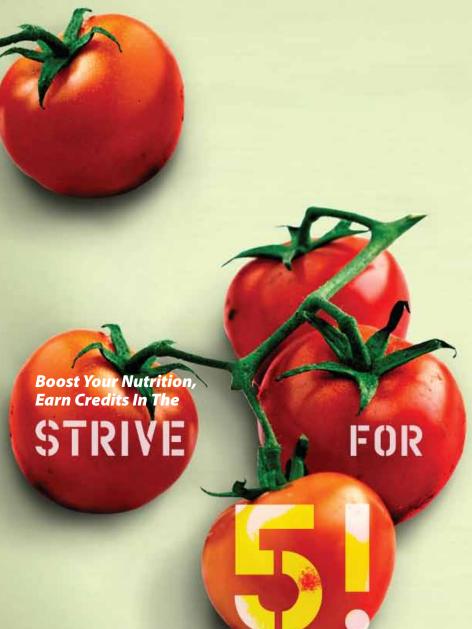STRIVE FOR 5!

Do you find it hard to eat fruits and vegetables every day? You're not alone; however, it can be done and the effort is well worth it!

Why Eat Fruits And Vegetables?

- Rich in **nutrients**
- **Lower your risk** of chronic diseases, including stroke, heart disease, type 2 diabetes and some types of cancer
- Low in calories and high in fiber
- Help **control your weight**

Whatever your motivation, eating fruits and vegetables is an important part of a sensible, balanced diet that helps you live well!
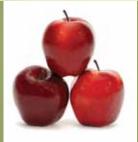
Here's How the Challenge Works

→ Keep track of the number of cups of fruits and vegetables you eat each day.

→ Each cup of fruits or vegetables = **1 point**.

→ Meet the challenge goal of **100 points** and receive **5 Wellness Credits**. Wellness Credits help eligible members earn **up to $200** in Dela*WELL* Rewards!

→ Use the paper tracking form to keep up with your points or track online at the Dela*WELL* Health Portal (https://delawell.alerehealth.com). **Points must be entered online at the Dela*WELL* Health Portal by December 10, 2010 to earn incentive credits.**

Find Tips & Tools

You will find nutritious recipes, menu plans, interactive games and other helpful tools on the Dela*WELL* Health Portal to help boost your nutrition! You'll also find other ways to earn Wellness Credits and Dela*WELL* Rewards.

Have Questions? Visit the Dela*WELL* Health Portal at **https://delawell.alerehealth.com** or **call (866) 674-9103** to speak with a program representative.

https://delawell.alerehealth.com

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